



## Wellness Coach North Richland Hills Fort Worth

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I am excited to announce that beginning January 2015 all classes being taught at the Ironheart Energy Healing studio will be Holy Fire Reiki® certified. Holy Fire® Reiki is being introduced by the International Center for Reiki Training and is both powerful and gentle. Holy Fire® Reiki is a combination of traditional Usui Reiki and a contemporary evolution of Reiki. Holy Fire® is included as part of our Usui Reiki classes and has also been added to Karuna Reiki® training.

Ironheart Energy Healing Studio is one of only a couple of teaching centers currently offering Holy Fire certification located in Texas and we have two of only a handful of teachers certified in TX to teach the Karuna Holy Fire Reiki.

### **REIKI & KARUNA CLASSES**

An ancient, natural healing method, brought over from Japan in the mid 1930's, Reiki, translates into spiritually guided healing energy.

Reiki practitioners bring about a natural balance of physical, spiritual and emotional well being to those they are healing. By placing their hands above their client's body, the practitioners are able to heal by releasing energy and unblocking distorted energies, allowing the natural flow of positive energy.

During a reiki treatment, the body is cleansed of built-up toxins, pain is relieved, the mind is calmed and muscles are relaxed. Pent- up emotions are released and the body's natural ability to heal accelerates.

## **HEALING SESSIONS**

Using a blend of Native American herbs and gems, along with Eastern teachings of Reiki and Karuna, Ironheart combines her knowledge and wisdom to alleviate your stresses.

These are some of the herbs and gems she uses:

White Sage has been used since the time of the Romans when they used them to cure snakebites and also in their baths for aching muscle and sore tired feet.

Later The Native Americans understood its mending benefits to help heal stomach issues.

Today, many use white sage in a tea to control blood sugar issues. Ironheart warns, "This is not a prescription to stop taking insulin. It is merely a tool to work in conjunction with your current medical needs and medical doctors."

During treatments, Ironheart uses white sage to relax the mind, body and spirit. The aroma relaxes the tenseness and also protects one from negative influences. With the influence of her Native American teachings she also uses Bear Berry, Red Cedar and Sweet Grass when needed.

## **REMOTE HEALING**

- ❖ Want to experience more energy and peace
- ❖ Have emotional or physical issues you continually struggle with
- ❖ Is there an upcoming and significant event that has your stomach tied up in knots
- ❖ Do you continually ask your friends to remember you in prayer
- ❖ Are you stressed out
- ❖ Have anxiety attacks
- ❖ Do you suffer from depression
- ❖ Does a chronic ailment prevent you from living your

If so, Remote Healing maybe the answer you have been seeking. If you cannot travel to Ironheart's office due to distance or ill-health --- simply click the button to begin your journey.

## PILLOWCASES

All Sacred Spaces Pillowcases are unique in fabric color choices. This SSPC is created of a 100% cotton quilt panel in beautiful teal, tans, rust and deep browns. All pillowcases are sized for a full or queen size pillow. All SSPC's are infused with Karuna Reiki and hand crafted with love. With a total of six hidden agenda pockets on the outside of the case, and one larger pocket on the inside, these make for the perfect spots to place crystals and written affirmations. This case is for metaphysical purposes. Please wash separately for first time due to color residuals.

**Nesting Birds Pillowcase**



**Teal and Brown Butterflies**



**Healing Ferns With Red**



**Lilac and Mint Green Butterflies**



Mauve Meditation and Healing



Pink Floral Batiks



Wanda Ironheart Traversie

Ironheart Energy Healing

North Richland Hills, TX 76180

**(817) 825-7335**

For more information please visit

**<http://www.ironheartenergyhealing.com>**